

~|~|-|[- /? | ~|~|_|/\|_ 0 /= \]3 _\~ 0 |_|~|~|[- \| 0 ~|~|_|-\| \| _, \| [- _\~ _\~

A FOKOSW DOCUMENT

This is a ritual that utilizes some ancient practices of The Book of Mutations to achieve simply a calm state of mind. This could be used as a warmup to a much larger ritual that requires you to be stress-free and because of that this allows for anyone of any religion or path (left-hand or right-hand) to practice. This requires a safe place to burn things, so maybe a garage or empty building is suitable.

1. Grab a large mirror, sit into a empty space completely isolated from any activity and light a candle.
2. With the light from the candle, stare emptily into the eye and imagine nothing.
3. After your mind becomes distorted, in a trance, take a mental picture (or optionally a physical photo) of yourself and put a black sheet over the mirror.
4. Take the candle and burn the black sheet, while chanting "Nihil sum, ego meam est libero."
5. Take the remains of the burnt cloth and bury it in a safe place.
6. Write the numbers "3", "6", "9", and "18" on the dirt site of the grave.
7. Shout "45" at the grave.
8. Visualize the grave sinking into a wormhole which leads nowhere.
9. If you saw anything, write down this experience into a journal or diary.
10. Finally, take a deep breath and forget you have done any of that. Continue on in your daily activity.